Non-Chewable Multivitamins

- Any vitamin purchased not on this list should be brought into your nutrition appointment to be reviewed and approved.
- It is ok to switch to non-chewable vitamins 6 weeks from your surgery.
- Having bloodwork done regularly is just as important as taking your supplements.
- Separate multivitamin(s) with iron or any iron supplement from calcium by at least 2 hours.
- It is okay to take your vitamins in the morning or evening. Refer to page 11 in your Nutrition Guidelines book for timing suggestions.
- Each person will have a different comfort level with swallowing pills. If a pill seems too large for you, then open the capsule, cut the tablet, or choose a chewable or liquid version instead.

<table>
<thead>
<tr>
<th>NAME</th>
<th>DOSE</th>
<th>WHERE TO BUY</th>
<th>PRICES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bariatric Advantage Ultra Multi Formula with Iron</td>
<td>3 capsules/day Do not need to take separate B12</td>
<td><a href="http://www.bariatricadvantage.com">www.bariatricadvantage.com</a> or By Phone 1-800-898-6888</td>
<td>$22.95 (90 ct) Use code “BWHC” on main page for 15% off</td>
</tr>
<tr>
<td>Celebrate Multi – Complete “36” or “45” Capsule “36” = preferred for men “45” = preferred for women</td>
<td>3 capsules/day Do not need to take separate B12</td>
<td><a href="http://www.celebratevitamins.com">www.celebratevitamins.com</a> or By Phone 877-424-1953</td>
<td>$19.95 (90 ct – 36 mg iron) $19.95 (90 ct – 45 mg iron)</td>
</tr>
<tr>
<td>Opurity® Complete Capsule</td>
<td>2 capsules/day Do not need to take separate B12 *May need extra iron</td>
<td><a href="http://www.opurity.com">www.opurity.com</a> or By Phone 1-800-517-5111</td>
<td>$29.95 (180 ct) Use code “MABWHC02” for 10% off your 1st order</td>
</tr>
<tr>
<td>ProCare Health Bariatric Complete Capsule Once-a-Day Multivitamin</td>
<td>1 capsule/day Do not need to take separate B12</td>
<td><a href="http://www.procarenow.com">www.procarenow.com</a> or By Phone 877-822-5808 Option 2</td>
<td>$34.99 (90 ct)</td>
</tr>
<tr>
<td>NatureMade Multi Complete Tablet</td>
<td>2 tablets/day Add 500 mcg separate vitamin B12</td>
<td>CVS Walgreens Walmart</td>
<td>$12.79 (130 ct) $17.99 (250 ct) $8.82 (130 ct)</td>
</tr>
</tbody>
</table>
CALCIUM CITRATE IN NON-CHEWABLE TABLETS OR CAPSULES

- Your body needs 1200-1500 mg of calcium citrate daily; if you have a lot of calcium in your diet from foods and beverages, your dietitian will help you adjust your supplement dose.
- Limit 1 dose to 600 mg (maximum your body can absorb at one time).
- Separate calcium doses by at least 4 hours.
- Separate calcium from multivitamins by at least 2 hours.
- Calcium citrate does not need to be taken with food.
- Verify form of calcium is CITRATE (read supplement facts and ingredient list)
- Check SERVING SIZE to be sure you’re taking the right amounts.

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<tr>
<td>Citracal Calcium Citrate + D₃ Petites</td>
<td>3 tablets 2x/day (1200 mg total)</td>
<td>CVS, Shaw’s, Stop &amp; Shop, Walgreens, Walmart</td>
<td>$13.99 (200 ct)</td>
</tr>
<tr>
<td>CVS Calcium Citrate + D₃ Miniatures</td>
<td>3 tablets 2x/day (1200 mg total)</td>
<td>CVS</td>
<td>$13.99 (200 ct)</td>
</tr>
<tr>
<td>Rainbow Light Calcium Citrate Mini-Tabs</td>
<td>3 mini-tabs 2x/day (1200 mg total)</td>
<td>Vitamin Shoppe, Walmart</td>
<td>$12.99 (120 ct)</td>
</tr>
<tr>
<td>Rite Aid &amp; Walgreens Calcium Citrate Petites with vitamin D</td>
<td>3 tablets 2x/day (1200 mg total)</td>
<td>Rite Aid, Walgreens</td>
<td>$9.99 (100 ct)</td>
</tr>
<tr>
<td>Citracal Calcium Citrate + D₃ Maximum</td>
<td>2 caplets 2x/day (1260 mg total)</td>
<td>CVS, Shaw’s, Stop &amp; Shop, Walgreens, Walmart</td>
<td>$17.99 (180 ct)</td>
</tr>
</tbody>
</table>
### Twinlab Calcium Citrate Caps
- **Dosage:** 4 capsules 2x/day (1200 mg total)
- **Retailer:** Whole Foods
- **Price:** $10.50 (150 ct)

### Kal Cal-Citrate+
- **Dosage:** 2 tablets 3x/day (1500 mg total)
- **Retailer:** Vitamin Shoppe
- **Price:** $17.99 (240 ct)

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**VITAMIN B12**

- Take 350-500 micrograms vitamin B12 daily in the form of a tablet or liquid.
- If you find a version that contains 1000 mcg or more of vitamin B12, you may take this every other day (instead of daily).
- If your multivitamin contains at least 350 mcg of B12, then you do not need this separate supplement.
- You can take vitamin B12 at any time or with any other supplements.
- Nasal sprays and injections are also options for vitamin B12. Ask your bariatric team if you are interested in these options.

**Vitamin B12 can be easily found at several stores including:**
BJs, Costco, CVS, GNC, Grocery Stores, Rite Aid, Target, Vitamin Shoppe, Walgreens, Walmart
Nascobal Nutrition Direct – Home-Delivery Service Covered by Insurance

Order all of your vitamin/mineral supplements through one company. Your cost will be $0 to $25 per month depending upon your insurance. **Only patients with private insurance companies are eligible.** Medicare, Medicaid, Mass Health, and Neighborhood Health will not cover this option.

**Capsule/Tablet Option:**
- Nascobal Vitamin B12 Nasal Spray: 1 spray, 1 nostril, 1x/ week
- BariActiv Multivitamin: 1 capsule daily
- BariActiv Calcium + D3 & Magnesium: 2 tablets, 2x/day
- BariActiv Iron + Vitamin C: 1 tablet daily

Tell a bariatric team member if you are interested and they will help you enroll.